

**SHREWSBURY  
OAK MIDDLE SCHOOL  
Health Education**

**TO: PARENTS & STUDENTS**

Welcome to the Health Education Program. This program for middle school students provides the opportunity to develop and demonstrate health-related knowledge, attitudes, and behaviors. Physical, mental, and social dimensions of wellness are integrated throughout the curriculum. The course of study will enable students to thrive, persevere, and maintain a positive attitude through preadolescent and adolescent development.

The focus of this curriculum is to promote health and wellness, and not merely to prevent disease and disability. Each grade level will include a major and a minor unit that will be presented through a variety of teaching styles and techniques. During the middle school years the students will investigate six of the fourteen units identified in the Massachusetts Health Curriculum Frameworks.

**GRADE 7**

This course includes a study of alcohol, tobacco, and other substance abuse prevention. Students will participate in health instruction five days a week for six weeks. Each unit includes note taking, discussions, handouts, and assessment. Each student is responsible for providing a pocket folder for this course.

Topics to be covered include:

- Addiction to alcohol, tobacco and other substances
- The impact of substance abuse on the heart, respiratory & nervous systems
- Peer Pressure
- Methods for intervention and treatment
- Adolescent risk behaviors and negative consequences related to substance abuse

If you have any questions pertaining to any of the topics, please do not hesitate to call or e-mail me for further information.

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